

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!



SELF-CHECK MONTH - FEBRUARY 2021

"How am I doing?" Show of hands. How many of us take time to ask ourselves that question each day? Then, intentionally pause to reflect on our responses – physically, mentally, and emotionally? Well, there is no time like the present to start the healthy habit of doing regular self-checks. **In fact, February is National Self Check Month! Who knew?!**

Let's face it... 2020 was a tough year! We found ourselves coping with a world-wide pandemic, adjusting to new social protocols, balancing virtual learning against work schedules, confronting the fight for equality, and worrying about the health and safety of so many in our country and around the world. At times, things felt more chaotic than anything experienced before. **If ever there were a time for us to pause and check-in on ourselves, now is the time!**

Experts in the mental health field recommend starting the self-check process, or as some refer to it, intentional introspection, by simply asking ourselves a few basic questions. **While not fully inclusive of all reflective questions, here are a few examples to get you started:**

- How have I been attending to my physical health? Mental health? Emotional health?
- How am I allowing present challenges to govern my life?
- Am I holding onto something I need to let go of?
- What are three positive things happening in my life?
- What goal(s) do I have for today? This week? This year?
- What small changes can I make now to start attending to my physical, mental, and emotional needs? The self-check process need not be a cumbersome and time-consuming endeavor.

Simply taking a few minutes each day to reflect on a few questions, and then make the necessary changes, can have a positive impact on our well-being and resiliency. Further, self-checking is a great skill for people of all ages – youth and adults.

For more information on self-checking, especially regarding how you can help youth develop this valuable skill, go online and explore the many resources available, visit the following website:

<https://positivepsychology.com/introspection-self-reflection/>, or reach out to your local ARNG CYS Team!

You can find their contact information on our website: www.arngcys.com! Happy Self-Check Month!

Disclaimer: The sharing of various resources does not indicate an endorsement of/for these publications, their creators, or originating entities by the Government, contract vendor, or PM Team.

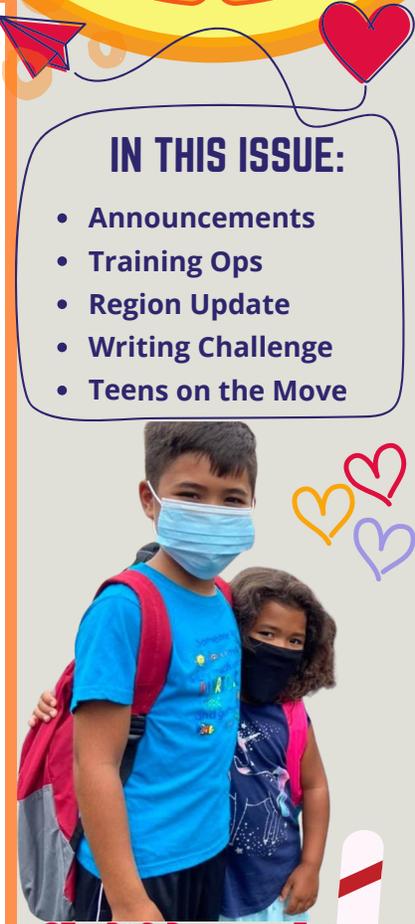
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Writing Challenge!
Look inside for details!!



MO - Family Camp



CT - B2S Resource Fair

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Download the "ARNG CYS" APP



WWW.ARNGCYS.COM
#GUARDFAMILIES #ARNGCYS

In late 2020, the ARNG CYS Program launched a Youth

Writing Challenge initiative, with the goal of highlighting compositions written by ARNG Youth. Compositions submitted by youth are reviewed by those working within the ARNG CYS Program, with some being included in future ARNG CYS Monthly Newsletters or even uploaded to the ARNG CYS Website.



If you have a youth interested in participating in the ARNG CYS Youth Writing Challenge, be sure to check out the ARNG CYS Website for the latest topics and information on submitting their composition. **We hope youth will consider participating in our ARNG CYS Youth Creative Writing Challenge initiative!!**

NEW ESSAY PROMPT

"What is your greatest talent, how did you develop it, and what is your favorite way to use it?"

All writing compositions for this month must be completed and submitted by **Friday, February 19, 2021**, for consideration and review.

For all the details and how to submit your child's creative piece go to: <https://arngcys.com/youth-writing-challenge>

REGION UPDATES

Region 2: (New York) Virtual Military Kids Club held its first meeting on JAN 19th, 2021 via Zoom! We had 25 children ages 6-12, tuning in from across the state. We made introductions, played some games, did a mini-lesson on Goal Setting, and finished with a quilt craft. For the quilt craft, the kids were mailed a blank piece of a quilt and asked to write 1 trait that describes a military child, and then decorate the remainder of the square. **Parents were asked to take a photo of the quilt square and email it to us so we could "piece" the quilt together for a virtual masterpiece!** We look forward to our next meeting in February!



IL - Teen Council



February 2021

KY - State Symposium



LA - Fall Camp



LA - Fearless 5k



ANNOUNCEMENTS

Check out the latest February Activity Packet developed by the:

L/CYPCs in CT, MA, ME, NV, NH, RI, & VT!



Ask your State ARNG CYS L/CYPC for a copy.

TEENS ON THE MOVE

Military children and teens across the country demonstrate each day how resilient and talented they are. Check out the latest Teens on The Move posts, like how Minnesota is:

"MN Teen Council Helps Families Stay Connected by Holding Virtual Storytime Activities":



This story comes from the northern state of Minnesota. MN Teen Panel members came up with a way to reach young children by reading books they would typically hand out at Yellow Ribbon Reintegration events. The idea for this project came from the teens in the program. A few of the teens had participated in the United Through Reading Challenge over the summer and saw this as a way to continue reaching out to younger children.

Read more about this and to check the other posts at: <https://arngcys.com/teens-on-the-move>

IN THE KNOW

Follow your local CYS social media accounts to see the weekly **In the Know (ITK)** posts, OR reach out to your CYS Program for a copy. #ARNGCYSITK



TRAINING OPS



"Building Resilience in Young People"

Looking for activities, games, lessons, or tips for the adolescents in your life? Free materials that help kids become more self-confident, resilient, purpose-driven, and connected to themselves and their loved ones. Includes: 18 Activities to Find Identity, Meaning, and Purpose <https://personalexcellence.org/free-downloads>



February Webinars

NEW

MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars are presented live usually on Tuesdays and Wednesdays at Noon EST.

**** Participants must register in advance for the live webinar presentation ****

- TUE 02/02 - Helping Your Child with Procrastination
- WED 02/03 - Homework Motivation with Multiple School-aged Children
- TUE 02/09 - Scholarship Do's and Don'ts
- WED 02/10 - Dual Enrollment vs. AP Courses
- TUE 02/16 - Study Skills for High School Students
- WED 02/17 - Communicating with your Adolescent

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.



"The Ultimate Guide to Virtual Museum Resources, E-Learning, and Online Collections"

Access to endless open content. Educational resources for e-learning. Virtual retreats to art, culture, and around the globe. <https://mcn.edu/a-guide-to-virtual-museum-resources>



We'd love to hear from YOU!

Would you like to share how the CYS program has made an impact on you and your family? Let us know at:

www.surveymonkey.com/r/ShareYourCYSstory



We're an Awesome TEAM!

Connect with your local CYS team to learn how you can **VOLUNTEER!**

<https://arngcys.com/my-local-cys-program>

